

POTENSI TURUBUK (*Saccharum Edule Hassk*) UNTUK MENINGKATKAN SISTEM IMUN DITINJAU DARI KANDUNGAN GIZI DAN AKTIVITAS ANTIOKSIDAN

Erina Febiani

Abstrak

Penelitian ini dilakukan untuk mengetahui nilai gizi dan aktivitas antioksidan yang terkandung di dalam turubuk (*Saccharum Edule Hassk*) suatu tumbuhan khas di Loji, Karawang yang memiliki potensi untuk meningkatkan sistem imunitas tubuh. Sampel turubuk dipilih berdasarkan tiga lokasi berbeda yaitu Gunung Sangga Buana, Gunung Celincing dan Puncak Gunung Sempur. Analisis nilai gizi menggunakan metode proksimat yang terdiri atas kadar air, kadar abu, kadar protein, kadar lemak dan kadar karbohidrat. Hasil yang diperoleh yaitu: kadar air 89,19%, kadar abu 1,43%, kadar protein 4,59%, kadar lemak 0,86% dan kadar karbohidrat 3,55 %. Analisis aktivitas antioksidan menggunakan metode DPPH diperoleh hasil sebesar 3,88 %b/v. Analisis Vitamin C dan Vitamin B6 diperoleh hasil sebesar vitamin C <0,07 mg/kg, vitamin B6 0,54 mg/kg. Kemudian untuk analisis fenol diperoleh hasil sebesar 20,13 mg/kg.

Kata Kunci : Turubuk, Nilai Gizi, Aktivitas Antioksidan, Sistem Imun

Potential Of Turubuk (*Saccharum Edule Hassk*) To Improve Immune System Assessed From Nutritional Content And Antioxidant Activity

Erina Febiani

Abstract

The study was conducted to determine the nutritional value and antioxidant activity contained in turubuk (*Saccharum Edule Hassk*) a typical plant in Loji, Karawang, which has the potential to increase the body's immune system. Turubuk samples were selected based on three different locations, namely Gunung Sangga Buana, Gunung Celincing and Puncak Sempur. Analysis of nutritional value using the proximate method which consists of air content, ash content, protein content, fat content and carbohydrate content. The results obtained were: 89.19% moisture content, 1.43% ash content, 4.59% protein content, 0.86% fat content and 3.55% carbohydrate content. Analysis of antioxidant activity using the DPPH method obtained results of 3.88% w / v. Analysis of Vitamin C and Vitamin B6 obtained results of vitamin C <0.07 mg / kg, vitamin B6 0.54 mg / kg. Then for phenol analysis the results were 20.13 mg / kg.

Keywords: Turubuk, Nutritional value, Antioxidant Activity, Immune System